

Household Flu Preparedness Checklist

As many as 1 in 4 people could get sick during a pandemic, with many of them seriously ill. Services and supplies we count on everyday may not be available. Every individual and family could be on their own, without care, for quite a while. This makes being prepared even more important.

Make sure you have these items to prepare for a pandemic flu.

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TO PLAN FOR A PANDEMIC	
	Two weeks worth of food for you and your family. This should be food that does not need refrigeration (canned meats and fish, beans, soups, fruits, and dry goods like flour, salt and sugar.
	Two weeks of water in sealed, unbreakable containers. If water service is disrupted, plan on one gallon for each person for each day, for up to two weeks.
	Two weeks worth of prescription medicines
	Two weeks worth of ibuprofen or acetaminophen (Tylenol) for each person in the house for fever and pain
	Two weeks supply of other non-prescription drugs and health supplies such as cough and cold medicine, stomach remedies, and vitamins for each person in the house
	Rehydration solution (such as Pedialyte for children and Gatorade for adults and teens)
	Thermometer
TO LIMIT THE SPREAD OF GERMS AND PREVENT INFECTION	
	Teach your children to wash hands frequently with soap and water and model the correct behavior
	Teach your children to cover coughs and sneezes with tissues, and be sure to model that behavior
	Teach your children to stay away from others as much as possible if they are sick. Stay home from work and school if sick.
	Supply of face masks for each person in the house
	Supply of disposable gloves for each person in the house
	Soap, disinfectants and chlorine bleach for routine cleaning and disinfecting
OTHER EMERGENCY SUPPLIES	
	Cell phone and charger
	Flashlight
	Portable radio and batteries
	Manual can opener
	Garbage bags
	Tissues, toilet paper, disposable diapers

For more information on preparing for Pandemic Influenza or other disasters:

<http://www.slocounty.ca.gov/health/publichealth/commddisease/panfluprep.htm>

<http://www.redcross.org/>

<http://www.pandemicflu.gov/planguide/checklist.html>

<http://www.pandemicflu.gov/planguide/familyhealthinfo.html>

<http://www.72hours.org/>

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